

## **SCHOOL DISTRICT OF HAVERFORD TOWNSHIP RECOMMENDED SAFER FOODS/SMART SNACK LIST**

The district is providing you with the following information to help you understand the food allergy issue in the classrooms and school, the requirements for the USDA Smart Snacks in Schools, and the revised SDHT School Wellness Policy # 246

### **ALLERGEN FREE CLASSROOMS** (example: Nut Free Classroom)

1. INDIVIDUAL CLASSROOM SNACK WILL BE RESTRICTED TO ALLERGEN FREE SNACKS (example: if classroom is a nut free classroom, ALL students must refrain from bringing in snacks with nuts and nut oils).

\*HANDS OF ALL STUDENTS IN CLASSROOM MUST BE WASHED PRIOR TO AND AFTER FOOD CONSUMPTION.

\*DESKTOPS OF ALL STUDENTS IN CLASSROOM MUST BE WIPED WITH DISPOSABLE WIPES BEFORE AND AFTER FOOD IS EATEN

2. LUNCH- NO RESTRICTIONS

3. SCHOOL INITIATED CELEBRATIONS: RECOMMENDED SAFE FOODS/SMART SNACK LIST

**ALL SCHOOL/GRADE LEVEL INITIATED CELEBRATIONS (Non-Allergy Classrooms)** should use the Recommended Food List that meets the Safe Foods List and Smart Snack requirements.

**Birthday celebrations** will NOT include the consumption of food or drink. Alternative suggestions for birthday celebrations are included below. We encourage you to participate in one of the listed activities.

To honor a student birthday, we ask that non-food celebrations be arranged with the teacher at least one week prior to their special day. To minimize disruption to the instructional day, we also ask that these celebrations be limited to no more than 10 to 15 minutes.

### **Instead of consumable items consider the following:**

- Reading a favorite book to your child's class
- Donating a book to the classroom or school library with a birthday inscription
- Asking your child's teacher to extend community meeting time for the class by 10 minutes in honor of your child's birthday
- Teaching the class a simple craft, art activity or game
- Providing a small token to classmates in honor of your child's birthday
- Engage the class in an activity that centers on reading, drawing and/or other interests your child may have
- Engage the class in a cultural activity that will expose our students to something unique about a particular background

**When served in approved portion sizes, snacks meet the USDA Smart Snack Guidelines**

**Fresh Fruits and Vegetables, Canned Fruit, Fruit Cups, Pouches, Dried Fruits:**

\*½ Cup serving                      \*No added sugar                      \*Packed in water or natural juices

apples              pears              plums              peaches              apricot              grapes  
pineapple              blueberries              oranges              tangerines              cherries              watermelon  
applesauce              broccoli              celery              cucumber  
Sunmaid or Dole raisins- plain

**100% Fruit Juices 8 oz. Elementary 12 oz. Middle School 12 oz. High School**

\*with or without carbonation \*100% or combination of below only

apple              orange              tangerine              grape              pineapple              apricot

**NO: MANGO, STRAWBERRY, BANANA, CANTALOUPE, COCONUT, RAW CARROT, AVOCADO, GRAPEFRUIT, PEA, BEAN SESAME, LEGUMES, GRANOLA, TRAIL MIX, MILK, EGG**

**Chips, Pretzels, Crackers, Popcorn, Cookies**

\*200 calories or less   \*200 mg sodium or less   \*total fat 35% of calories or less   \* 50% whole grain

\* first ingredient is fruit or vegetable   \* first agreement is whole grain   \* 0 Trans fat

1 oz.      Herr's Baked Chips, plain, barbeque, ripple,  
1 oz.      Lays, classic, barbeque  
1 oz.      Sunshine Cheez It, whole grain  
.75 oz.      Sunshine Cheez It, original, atomic cheddar  
.8 oz.      Wheat Thins, popped chips, sea salt,  
1 oz.      Doritos, nacho  
.87 oz.      Tostitos Scoops  
1 oz.      Kellogg's Special K crackers, sea salt, BBQ  
.7 oz.      Rold Gold pretzels  
.7 oz.      Herr's pretzels  
1 oz.      Pringles  
1 oz.      Keebler Grahams, cinnamon, original, elf, Scooby Doo sticks,  
1 oz.      Nabisco Honey Maid grahams  
1 oz.      Nabisco Teddy grahams (150 cal. pouches) honey, chocolate, cinnamon,  
1.3 oz.      Kellogg's Nutri Grain Cereal Bar, apple cinnamon, blueberry, raspberry,  
1.25oz      Betty Crocker oatmeal bar, butterscotch  
1 oz.      Quaker Popped Rice Snacks, apple, chocolate  
1 oz.      Fritos Corn Chips  
1 oz.      Popcorn, white

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**Frozen Treats**

\*200 calories or less \* first ingredient is fruit \* 0 Trans fat

4 oz. Blue Bunny frozen fruit bar, chunky pineapple

2.25 oz. Hershey Polar Blast fruit punch

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### USDA SMART SNACK GUIDELINES

To qualify as a Smart Snack, a food or entree must meet the general nutrition standards:

Grain Products that have 50 % or more whole grain by weight (have whole grain listed as first ingredient); or

Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or

Be a combination of food that contains at least ¼ cup of fruit and/or vegetable; and

Meet the nutrient standards for calories, sodium, sugar and fats:

Calories	200 calories or less
Sodium	200 mg or less
Total Fat	35% or less than total calories
Saturated Fat	Less than 10% of calories
Trans Fat	0 g
Sugar	35% by weight or less

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ADDITIONAL FOODS MAY BE RESTRICTED FOR SPECIFIC CLASSROOMS DESIGNATED AS ALLERGEN FREE.